

# ***Hop, Skip and Jump***

Tonbridge & Malling Children's Centres run a **Hop, Skip and Jump** group **every Thursday morning**.

It is a physical play session, designed to promote co-ordination, control and movement for mobile children as well as providing time for parents and children the chance to meet and socialise with other families.

Sessions run from **10 to 11 am**.

For more information about this group and other services available for 0 - 5 year olds in Tonbridge & Malling, please visit [www.kentchildrenscentres.org.uk](http://www.kentchildrenscentres.org.uk)